

Gourmet Vegetarian Dinners

October and November 2006

Every Monday, 6:30 PM. Sit down or takeout, \$14. \$5-10 donation suggested for lectures.
First Baptist Church, 305 North California Avenue at Bryant, Palo Alto, 1/4 mile East of Alma.
Sponsored by the Peninsula Macrobiotic Community. Chef Gary Alinder.

Reservations Requested by Monday 9:30 AM: 650 599-3320

<http://peninsulamacro.org>

October 2

Quinoa-Veggie Soup
Seitan Salisbury Steak with Mushroom Gravy
Steamed Red Potatoes with Parsley
Roasted Root Veggies
Mixed Green Salad with "Honey" Mustard Dressing
Date-Walnut Muffins
Tea

October 9

Chickpea Broth with Julienned Greens
Stuffed Cabbage Rolls with Hearty Tomato Sauce
Creamy Polenta
Golden and Green Zucchini Sauté with Pesto
Mixed Greens with Italian Dressing
Apple Cake
Grain Coffee

October 16 – *Guest Chef Chuck Collison*

Coconut Pumpkin Soup with Thai Flavors
Forbidden Black Rice
Cashew Tofu
Sweet and Sour Cabbage-Cucumber Salad
Broccoli, Carrot, and Green Beans with Tangy Minted Dressing
Tropical Tapioca Pudding
Tea

October 23

Yellow Split Pea Soup
Leek and Corn Tofu Frittata with Tomatoes
Rice and Confetti Veggie Salad
Roasted Beets, Carrots and Red Onions with Orange Vinaigrette
Mixed Green Salad
Chocolate Chip Cookies
Chicory Grain Coffee

October 30

"No Chicken" Noodle Soup
Quinoa Pilaf
Autumn Veggie Succotash
Garlicky Greens Sauté
Herbed Tahini-Miso Paté with Whole Wheat Toasts
Cranberry-Apple Compote with
Crunchy Topping and Cashew Cream
Mint Tea

Zorina Wolf speaks on
Finding the Power of Your Own Rhythm

November 6

Asian Corn and Napa Cabbage Soup
Javanese Rice and Veggie Stirfry
Savory Curried Chickpeas
Chinese Broccoli with Oyster Mushroom Sauce
Beijing Style Marinated Cucumber
Sesame Cookies
Tea

November 13

White Bean Soup with Caramelized Onions and Leeks
Millet-Corn Croquettes with Creamy Onion Gravy
Sweet and Tart Red Cabbage
Soy-Maple Glazed Carrots
Mixed Green Salad with Basil Vinaigrette
Dessert: Chef's Surprise
Tea

Barb Jurecki-Humphrey speaks on
Achieve Your Dreams with Feng Shui

November 20 – *Thanksgiving Celebration* *(\$22 Sitdown, \$20 Takeout)*

*Chefs James Holloway, Chuck Collison,
and Gary Alinder*

French Onion Soup with Croutons
Tempeh Turkey Loaf
Creamy Mushroom Gravy
Wild and Brown Rice "Stuffing"
Glazed Peas, Carrots, and White Pearl Onions
Cranberry Orange Chutney
Green Salad with Persimmons and Candied Pecans
with Blood Orange Pomegranate Vinaigrette
Sweet Potato Pie with Rice Dream "Ice Cream"
Sparkling Fruit Punch
Tea Assortment

November 27

Clear Soup with Autumn Veggies and Age Dofu
Soy Simmered Kabocha Squash with Aduki Beans
Short Grain Brown Rice with Eda Mame
Mixed Veggie Tempura
Steamed Bok Choy
Pickled Chinese Cabbage
Mocha Mousse with Toasted Almonds
Kukicha

The Peninsula Macrobiotic Community Nineteen Years of Gourmet Vegetarian Dinners

Chef: Gary Alinder
Assistant Chef: Chuck Collison
Guest Chef: James Holloway
Backup Chef: Paul Schmitt
Clean-up: Colleen Corey, Paul Moran

President: Ken Becker
Dinner Manager: Miklane Janner
Dinner Manager (ex-officio): Ilona Pollak
Newsletter Editor/Webmaster: Gerard Lum
Volunteers: Jane Kos, Patricia Becker, Bob Griffin, K.C. Griffin

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